



HOLTER MONITOR

What is a Holter Monitor?

A Holter monitor is a small device, approximately the size of a matchbox, which records an electrocardiograph (ECG) continuously for 24 to 48 hours. Once this heart activity information is received and analysed, the cardiologist can compare the patient's symptoms, for example palpitations and dizzy spells, with the heart rhythm information. This assists in making a diagnosis and determining the most appropriate treatment.

What preparation is required?

No special preparation is necessary. We do recommend that you wear a loose-fitting top with a high neck to cover the electrodes. You cannot shower or bathe while wearing the monitor.

How is the Holter monitor fitted?

A cardiology nurse will place four electrodes on your chest and connect these to a Holter recording unit. This recorder fits into a pouch which straps around the chest, under your clothes. You will be given a diary by the nurse along with instructions on wearing the Holter and how to fill out the diary. Your diary information assists with the analysis of the recordings. You cannot use an electric blanket while wearing the monitor.

What is the cost of the monitor?

You will be advised of the cost of the procedure and where to park when you make your appointment.

How do I get my results?

The recordings captured by the Holter monitor are reviewed by a cardiac analyst using specific computer software. A report is provided to the doctor and this is considered together with the patient's symptoms recorded in the diary. Recommendations for further investigations or treatment may be necessary.

Where do I go to have this diagnostic test done?

- Auckland Heart Group, 94 Mountain Road, Epsom, Auckland
- Auckland Heart Group, 1 Shea Terrace, Takapuna

For further information refer www.heartgroup.co.nz or phone 09 623 1020